



## Introduction

**Welcome** to *Eating well for good health*, a learning module designed to explore basic concepts of good nutrition, health and healthy diets. Eating well helps keep us healthy and active and thus improves our enjoyment of life. Good diets and eating habits are fundamental for proper growth and development and for the prevention of disease. Poor diets and poor nutrition can lead to a number of different and very serious health problems. Many of these problems handicap people for their entire lives; some of them lead to death. Learning how to meet our nutritional needs throughout life by making good food choices for a healthful, balanced diet can help us prevent some very debilitating health problems caused by poor nutrition.

Eating well for good health requires a basic knowledge of foods and the nutrients they provide and an understanding of our nutritional needs throughout the various stages of life. With this knowledge we can practise good, life-long eating habits that will help us be as healthy as we can be.

These lessons are meant for anyone who wants to learn how to improve their diets and eating habits. While oriented toward use in the classroom, the lessons can also be used by groups outside the classroom, such as youth groups or community or religious groups, and by individuals who want to learn on their own. The intended classroom level is middle and secondary school students. In non-formal settings outside the classroom, the lessons are appropriate for individuals or groups with an educational or learning ability at this level or higher. Teachers and youth and community group leaders are encouraged to adapt the lessons to fit the needs of their particular age-group and circumstances. All users are welcome to use the web version of the lessons at <http://www.feedingminds.org/fmfh/nutritionlessons>

Four main topics have been selected to explore and learn: 1. *What it means to be healthy and well nourished*; 2. *What we get from food*; 3. *How to eat well for good health*; and 4. *Healthful habits and lifestyles*. Each topic includes 2 or 3 separate lessons, each of which has an overview, learning objectives, questions to think about while reading, reading content, activities and accompanying materials and key points to remember. The complete module, covering all four topics, includes a total of eleven lessons.

## Module structure and content overview



**Topic 1 What it means to be healthy and well-nourished** is about the many factors that affect our health and well-being. It explains how our nutritional status depends both on our personal choices and on fundamental conditions such as nutritious food, clean water, medical care and education. It shows how poverty is an underlying cause of most forms of malnutrition and discusses the serious health problems caused by poor nutrition. It describes the most common problems of poor nutrition, their signs and symptoms.

**Lesson 1** Exploring the meaning of good health and well-being

**Lesson 2** Analysing the conditions that affect nutritional status

**Lesson 3** Understanding problems of poor nutrition



**Topic 2 What we get from food** is about the nutrients we get from foods and how important it is for proper growth and development and prevention of disease to eat the right variety and the right amounts of foods that provide these nutrients. It explains the functions of carbohydrates, protein, fats, vitamins and minerals in the body and their importance in the diet. It provides some examples of foods that are good sources of these nutrients.

**Lesson 4** Learning about carbohydrates, protein and fats

**Lesson 5** Learning about vitamins and minerals



**Topic 3 How to eat well for good health** is about how to make good food choices for a healthy balanced diet throughout life. It describes the different nutritional needs at different stages of life and discusses the importance of developing good dietary practices and eating habits. It includes practical advice on how to choose clean, fresh and nutritious foods and how to store and prepare them safely at home.

**Lesson 6** Meeting nutritional needs throughout life

**Lesson 7** Making good food choices and healthy meals

**Lesson 8** Keeping foods safe and nutritious



**Topic 4 Healthful habits and lifestyles** is about how body weight, physical activity, good personal hygiene and clean surroundings affect our health. It explores what a healthy body size is and how to achieve a healthy weight by keeping energy in balance. It discusses the importance of physical activity and fitness for good health and weight. It explains how protecting ourselves from germs that cause disease is an important part of keeping well and healthy.

**Lesson 9** Achieving healthy body size and weight

**Lesson 10** Keeping fit and active

**Lesson 11** Keeping ourselves, our water and our surroundings clean

## How to use the lessons

The *Eating well for good health* lessons can be used both in the classroom by students and teachers, and outside the classroom by groups of people or individual learners exploring the issues of health and nutrition on their own. Every lesson contains each of the sections below. Longer lessons covering several different concepts are divided into separate lesson parts, each one with its own lesson reading, questions to think about, materials, activities and key points. It is suggested that each lesson part be taught or studied as a separate lesson.

The full lessons are available on the website, where additional copies of all of the materials can be downloaded in PDF and printed (<http://www.feedingminds.org/fmfh/nutritionlessons>).



### LESSON OVERVIEW

Every lesson starts with a short summary of the information presented in that lesson. Teachers can use the overview to introduce the main concepts of the lesson to their students, while individual learners can review it to understand what the lesson is about.



### LEARNING OBJECTIVES

This section lists things learners should know and be able to do by the end of the lesson. It can be used during the lesson to remind students of the skills they are to learn and to help them focus their attention on the main issues. It can also be reviewed at the end of the lesson to evaluate the knowledge, skills and attitudes that have been acquired.



### READING

This section contains the basic reading material that provides the core information of each lesson part. The reading should be printed out, projected on walls or screens or copied in notebooks, on blackboards or flipcharts. It can be read individually, in groups or aloud to the whole class. The text should be studied and discussed before doing the activities.



### TO THINK ABOUT WHILE READING

This section contains key questions to reflect on before, during and after reading the text. Teachers can use these questions to introduce the “Reading” or as a starting point for discussion and exchange of opinions on the topic of the lesson. Individual learners can use the questions to reflect on the concepts presented in the lesson.



### ACTIVITIES

A range of different types of activities – individual thinking and analyses, group discussions, matching games, quizzes, true or false statements, community research and assessment – is provided for people to choose from depending on their ability, needs, interests and time. The activities are based on the “Reading” and are designed to help learners test their understanding of the basic concepts of the lesson and apply it to their own lives. Most of the activities can be carried out with limited resources and can be done by both individual and group learners. Teachers can also create new activities to suit their students’ needs and cultural backgrounds.



### MATERIALS

A number of fact sheets, work sheets, exercises, quizzes and other materials are provided for each lesson. They can be adapted and enriched according to the needs of the learners and the settings in which they are being used. Some of the materials contain additional, more detailed information to complete the “Reading” section that can be used as a handy reference or as information to take home from school or share with others. Other materials are designed to be used as work sheets during the activities. They should be printed out or copied in notebooks, on blackboards or flipcharts so that they can be completed in groups or individually.



### KEY POINTS

Every lesson part concludes with the key points to understand and remember. These points can be used for discussion and further investigation of the topics presented in the lesson section. They can also be used to evaluate learners’ understanding of the topic. Groups and classes can use them as “take home” messages to share with family and friends.